



Leisure Services Department **Parks and Recreation**

BOOT CAMP

Days and Times

Monday	Wednesday	Saturday
7:00 p.m.	7:00 p.m.	11:00 a.m.

\$12 per class ✨ \$99 unlimited monthly BootCamp

\$179 for couples ✨ Monthly fat busting nutrition clinics

Do you want ...

- *More energy*
- *Lean Muscle Tone*
- *Increased confidence*
- *New friends to help kick it up a notch!*

Then join us with a program that is sweeping the nation and get the body you want and deserve.

Meet your new Fitness Trainer, Rich "Making Champs" Massa

Multi-certified Fitness Trainer

10 years experience in the Fitness industry

Author of the 5 Keys of Fat Loss: The Champmakers Guide

**It Starts
in Parks**



Sylvan Lake Park (407) 665-2180

845 Lake Markham Road (off of HWY 46), Sanford, FL 32771 • Open M-F from 8 a.m. to 10 p.m., Sat and Sun from 8 a.m. to 8 p.m.

www.seminolecountyfl.gov